



Salford School's No Screen Day



Monday 22 February is an INSET Day, when the staff will receive training and prepare for another busy term ahead.

We'd like to give you all a day away from screens, so we've split the day into four parts. We'd like you to choose **3 or 4 activities** from the ones suggested for your learning for the day. It would be great if you are able to complete them as a family (so siblings can choose the same one and work together), but we know that might not be possible.

There's no expectation to upload anything to Seesaw or Tapestry (unless you want to) as the whole idea is 'no screen', but we'll give the children an opportunity to share what they've done during our live sessions in the week or in school.

Have a lovely day, everyone.

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| <p><u>Maker hour</u></p>  | Make the tallest tower out of the objects in your house. | Create a 'hide me' stone. Go for a walk and hide it for someone to find. | Have a family 'Bake Off' and judge whose is best. | Draw a picture on a cereal box and cut it out to make a jigsaw. | Build a den or a fort (inside or out). | Make a boat that will float in the bath. Whose boat floats for the longest? |
| <p><u>Fitness hour</u></p>  | Make up a fitness routine (like Joe Wicks). | Make an obstacle course (inside or outside). | Teach your family a dance routine. | Hold an indoor disco with your family's favourite tunes and dance in your kitchen. | Go for a walk and discuss what you see, hear, smell and taste. | Touch every wall in your house. Time how long it takes you. Can you improve? |
| <p><u>Genius hour</u></p>  | Share and read your favourite books with each other. | Write and perform a play script involving your family. | Learn a magic trick to perform. | Go on a maths hunt (inside or out). What numbers, patterns, shapes can you see? | Draw a detailed family portrait including any pets. | Play Kim's Game (a memory game with a tray of objects) |
| <p><u>Zen hour</u></p>  | Help someone in your house (wash up, clean your room). | Find a picture you love. Talk about the details, why you love it and how it makes you feel. | Research and practise some yoga poses. | Have a competition – who can tell the funniest joke? | Play a board game or do a jigsaw together. | Listen to some music together – share your favourite songs and artists. |